

# Other Contacts

## Police Emergency: 000

ACT Disability, Aged and Carer  
Advocacy Service (ADACAS)  
02 6242 5060

ACT Human Rights Commission  
02 6205 2222

ACT Public Trustee and Guardian  
02 6207 9800

COTA (ACT)  
02 6282 3777

Lifeline  
13 11 14

Relationships Australia: Senior  
Relationships Services  
1300 364 277

## Legal Aid ACT

### Older Persons (ACT) Legal Service

Phone: 02 6243 3436

Email: [opals@legalaidact.org.au](mailto:opals@legalaidact.org.au)

[www.legalaidact.org.au/opals](http://www.legalaidact.org.au/opals)

dvcs | Domestic Violence  
Crisis Service

02 62 800 900

Phone: 02 62 800 900

Email: [crisis@dvcs.org.au](mailto:crisis@dvcs.org.au)

SMS: 0421 268 492

[www.dvcs.org.au](http://www.dvcs.org.au)

Being forced  
to change  
your Will?

Being told you  
can't make  
your own  
decisions?

Walking on  
eggshells?

Children  
want you to  
transfer your  
home?

Medical care  
being  
withheld?

Feeling  
afraid  
at home?

Being threatened to be  
placed in a nursing home?

Are you an older person  
and this sounds familiar?

## What is elder abuse?

Elder abuse is any mistreatment of an older person, typically by someone they know and trust. The abuse can be financial, psychological or physical. It can also involve the deliberate social isolation or neglect of the older person.

## How can we help?

Both Legal Aid ACT and DVCS provide free, supportive and confidential information and referrals. This can be delivered over the telephone, online or in person in a safe place. We can work with you to ensure you receive the support you need, when you need it and how you need it.

**You have a right to live free from fear.**

**You have a right to spend your money how you want to.**

**You have a right to be treated with dignity and respect.**

**You have a right to make your own decisions.**

## **It's not just physical assault**

Family violence and elder abuse include many things, not just physical violence. Other things include verbal abuse, property damage, financial abuse, being told nobody will believe you or socially isolating you from family, friends and services.

Family violence and elder abuse can cause you to be fearful, scared, anxious, worried, confused and/or upset.

## Legal Aid ACT OPALS Services

- Elder abuse
- Domestic and family violence
- Debt
- Housing
- Powers of attorney
- Guardianship
- Scams

## DVCS Services

- Crisis Intervention
- Legal Advocacy
- Support to young people and families
- Support groups for women and children
- Support for men to stop their use of violence
- Safety Planning

**Legal Aid ACT**

**dvcs** | Domestic Violence  
Crisis Service

02 62 800 900